Life Experiences of Obesity Communities in Bulukumba District: Phenomenological Study

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ABSTRACT

Globally, obesity has entered the epidemic proportion, with at least 2.8 million people dying every year due to obesity, for Indonesia itself the incidence of obesity has also increased significantly in every region with Jakarta's first ranking of 11.4%. The purpose of this study was to describe the life experiences of people who are obese in Bulukumba Regency. The method in this study uses qualitative research (cases) and takes a sample of 6 respondents with obesity. The data in this study were collected through in-depth interviews on selected subjects and analyzed using thematic analysis. The analysis results obtained four themes, namely (1) Knowledge, (2) Diet, (3) physical activity (4) Paradigm. The conclusions and suggestions of this study are the level of knowledge, diet, physical activity and a person's perspective on obesity greatly influence the incidence of obesity. Researchers suggest that future researchers dig deeper into the causes of obesity.

Keywords: Life Experience; Obesity

INTRODUCTION

Globally obesity has reached epidemic proportions, with at least 2.8 million people dying each year as a result of being overweight or obese. Once associated with high-income countries, obesity is now also prevalent in low- and middle-income countries (WHO, 2017). Obesity is a collection of abnormal or excessive fat that can cause health complications. Obesity is a major factor causing chronic diseases, such as diabetes mellitus, cardiovascular disease, and cancer (WHO, 2018). Obesity in some high-income countries is a global problem because it goes hand in hand with the emergence of the main complication of obesity, namely type II diabetes mellitus (Edward W. Gregg, 2017), an increase in the prevalence of obesity in the child and adolescent population, the risk
of developing diabetes mellitus increas(Paul, 2018).

Based on previous research by Wei (2019), the results of this study are body mass index (BMI) as a risk factor for diabetes. Population of this study were middle-aged and elderly people with an average age of 63 years. The average person with diabetes mellitus is a person who has an abnormal body mass index (BMI). Data presented by the World Health Organization (WHO) in 2016 more than 1.9 billion adults, namely over the age of 18 years, were overweight, of these more than 650 million people were obese. Overall, around 13% of the world’s population is obese (11% of men and 15% of women) and the prevalence of obesity has tripled from 1975 to 2016 (WHO, 2018).

The prevalence of obesity in Indonesia is also increasing, where 1 in 4 Indonesians are obese and Indonesians who are obese are aged over 18 years. Based on the results of monitoring the Nutrition Status (PSG) of the Ministry of Health in 2017 around 25.8% of Indonesia’s population classified as adults are obese and this number has increased from the previous year which was 10.6%. From the results of research conducted by Cut Novianti Rachmi and Alison Baur, women who live in urban areas have a higher chance of experiencing obesity, which is equal to 1.26 times compared to women who live in rural areas. This is in line with the results of a survey conducted by the Ministry of Health which stated that around 29.7% of women in Indonesia are classified as obese. While in men the number is only 11.4%. And the province of Jakarta has the most obese adult population, followed by Aceh, East Java and Riau (P2PTM Indonesian Ministry of Health, 2018).

Based on health profile data for the province of South Sulawesi in 2014 the incidence of obesity in South Sulawesi was 6.2% for men and 12.7% for women. In 2017 the incidence of obesity increased, male as much as 13.85% and female as much as 27.07%. Based on initial data collection by researchers at the Bulukumba Health Office in 2018 there were 35 people. From the results of observations made by researchers, currently there are very many obese people in Bulukumba district, but the community considers that obesity is not a health problem, plus the public perception that obesity is a symbol of prosperity. At the Puskesmas itself obesity is also considered not a health problem unless obese people have experienced several problems due to obesity.

People with obesity usually face many negative images by society and a number of pathological symptoms in health (Lu et al., 2018). Physical and emotional health suffers when obesity is driven by the influence of body image. Negative body image can reduce
one's mood, self-esteem, and self-confidence (Franco et al., 2014). People with obesity experience negative stigma and find that stigmatization affects almost every aspect of their lives. People with obesity report job discrimination, social exclusion, exploitation by the fitness industry, denial of health facilities, difficulty finding clothes, abuse by doctors, and ridicule by community (Billinger et al., 2014; Hutchinson MG, 2014).

Obesity is also a risk factor for several non-communicable diseases, for example, people with obesity have a double risk of heart disease, stroke, diabetes and high blood pressure. Obesity is also susceptible to cancer, men are susceptible to colon cancer and prostate cancer, while women are susceptible to breast and cervical cancer. (P2PTM Ministry of Health of the Republic of Indonesia, 2019). Based on the data and matters described above, the authors are interested in researching "Phenomenological Studies: The life experiences of people who are obese in Bulukumba Regency 2020" to describe the life experiences of people who are obese in Bulukumba District?

**MATERIALS AND METHODS**

This type of research is a qualitative research with a phenomenological research design (Ahmadi, 2016). The research was carried out from 12 August to 30 September 2020. This research was carried out in Bulukumba Regency. Whitehead and Whitehead (2016) state that the minimum number of samples for qualitative research depends on the research design used, for example in phenomenological research, the minimum number of samples ranges from 6-10 people. Therefore, the number of samples in this study is at least 6 people (Whitehead, Dilworth, & Higgins, 2016). The sampling technique used in this study is Consecutive Sampling. In this study, the data collection technique used was unstructured interviews. The interview process uses an interview guideline which only contains an outline of the questions to be asked (Siyoto & Sodik, 2015). According to Whitehead & Whitehead (2013) in (Ardhyanto et al., 2019) To get a broader picture and stimulate open discussion, interview questions will be asked using a semi-structured method. The data analysis test used in this research is Thematic Analysis.
RESULTS

The number of participants in this study were 5 informants. The characteristics of the participants can be seen in the table below:

Table 1. Characteristics of Respondents

<table>
<thead>
<tr>
<th>Respondent code</th>
<th>Age</th>
<th>Gender</th>
<th>Education</th>
<th>Profession</th>
<th>Old Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>P1</td>
<td>70</td>
<td>Man</td>
<td>SHS</td>
<td>Retired</td>
<td>3 years</td>
</tr>
<tr>
<td>P2</td>
<td>72</td>
<td>Man</td>
<td>SHS</td>
<td>Retired</td>
<td>5 years</td>
</tr>
<tr>
<td>P3</td>
<td>69</td>
<td>Man</td>
<td>SHS</td>
<td>Retired</td>
<td>7 years</td>
</tr>
<tr>
<td>P4</td>
<td>40</td>
<td>Woman</td>
<td>JHS</td>
<td>HW</td>
<td>6 years</td>
</tr>
<tr>
<td>P5</td>
<td>60</td>
<td>Man</td>
<td>JHS</td>
<td>Farmer</td>
<td>10 years</td>
</tr>
<tr>
<td>P6</td>
<td>55</td>
<td>Woman</td>
<td>JHS</td>
<td>HW</td>
<td>4 years</td>
</tr>
</tbody>
</table>

This study uses the *Thematic Analysis test* with interviews. The data analysis process begins with the transcription process, namely transferring the words in the recording to the computer exactly the same without reducing or adding words. Then a translation process is carried out, namely giving meaning or from the process of conversation from the results of the interviews that have been conducted. Then, compiling themes based on the results of the interviews and looking for similarities from the respondents, this is the process of *Thematic Analysis*.

This study found three (3) themes, namely themes: (1) Lifestyle, (2) Paradigm Based on the data obtained by the researchers, the themes obtained are as follows.

DISCUSSION

This study found 3 themes, namely (1) diet, (2) physical activity, (3) paradigm with the following explanation:

**Theme 1: Uncontrolled eating patterns**

Wrong dietary factors can cause an abnormal BMI body mass index, especially foods that contain lots of fat, sugar and fast food. Consuming excess calories results in fat accumulation in the body due to an imbalance between the amount of energy consumed and expended (Wijadmadi, 2012).

An unhealthy lifestyle will lead a person to eating patterns that are not good and eventually obesity, eating patterns that are not controlled, consuming foods that contain fat, sugar and fast food. Not balanced with sufficient energy expenditure, it can lead to obesity. In obese people, the pancreas is forced to work hard to produce insulin because the energy requirement is large. The fatter the higher the insulin requirement. If this is allowed to continue, the pancreas will become exhausted and start to decrease its excessive performance resulting in insulin resistance. Evidenced by the expressions of
participants P1, P2, P3 and P6

P1: Before I had diabetes, my weight increased quite a few kilograms. I used to eat coto (soto Makassar) up to 4 bowls, I couldn’t control my appetite. At home often have a meal together. I explore culinary tours in my area. All the good food places I know.

P2: “Back when I was still working I always ate at a food stall, maybe that was my diet. I often eat more than 3 times a day, especially when I’m on an outside assignment with the leadership, invited to a tourist spot, I only eat and sleep for days. I rarely eat at home, most often I eat out.

P3: “I admit that my diet is out of control. I will buy whatever I want to eat. From the past my hobby is to eat the food that I like.

Q6: Usually I only eat rice once a day, but I often eat snacks.

People’s lifestyles are currently undergoing many changes. This has resulted in changes in people's eating patterns referring to high-calorie, high-fat diets. Consumption of fatty and sweet foods has a significant relationship with diabetes mellitus rates. The addition of oil and coconut milk is a parameter in fatty foods and cholesterol, especially in fast food which has an impact on increasing the risk of obesity (Susilowati and Waskita, 2019). The results of Dafriani’s research (2017), said that the incidence of obesity was higher in respondents with bad eating patterns (51.9%) compared to those who had better eating patterns, namely (29.3%) a lifestyle with unhealthy eating patterns resulted in People tend to consume food excessively resulting in various diseases.

According to Nuraini and Surpiatna (2016), in their research it was stated that there was a relationship between diet and the incidence of obesity. Large portions of food cause an increase in body fat and if repeated in the long term this condition can lead to obesity. Results of research conducted by Ardhany and Lamisyah (2018), argued that consuming too much cooking oil repeatedly will affect the smell and color of cooking oil. When oil is heated to high temperatures, the fat in it will break down into free fatty acids, calorie content and free fat in the oil. jelanta turned out to be higher, eating food that is fried with used cooking oil continuously will cause obesity. According to Sudargo, Freitag LM, Rosiyani, & Kusmayanti (2014), in his book states that the diet that is the trigger for obesity is consuming large portions of food (more than needed), eating high energy, high fat, high simple carbohydrates, and low fiber. . Meanwhile, wrong eating behavior is the act of consuming excessive amounts of food without being balanced with balanced energy expenditure, one of which is physical activity (exercise).
Theme 3 : Physical activity

Lack of physical activity is one of the main causes of obesity, lack of movement can cause fat accumulation so that body weight can increase. The large number of calorie troops that enter, but sufferers tend to have less physical activity (Wijadmadi, 2012). In the interview, the participants stated that before they were exposed to obesity they often did physical activities such as taking walks in the evening or doing their hobbies, but after being obese they tended to have less activity, as evidenced by P2, P3, and P4

P2: I used to exercise a lot now during the pandemic, I only did gymnastics once a week.

P3: "My hobby used to be to enjoy exercising. When I was in the battalion, I wasn’t fat because I often exercised. However, after moving to work, my weight went up to 150 kg because I wasn’t physically active anymore as usual, who used to do sports a lot"

P4: my activities are only taking care of the house and making palm sugar, I never do sports such as gymnastics.

Physical activity in the form of sports is useful for controlling blood sugar and weight loss in type II diabetes mellitus. The great benefits of physical activity or exercise in diabetes mellitus include lowering blood glucose levels, preventing obesity, playing a role in overcoming complications, blood lipid disorders and increased blood pressure. The recommended physical activity for people with type II diabetes mellitus is regular physical activity. (3-4 times a week) for approximately 30 minutes (Sari, 2019).

According to the results of Nutr’s research (2017), physical activity carried out by a person can increase the sensitivity of insulin receptors so that glucose can be converted into energy through metabolism. One of the benefits of physical activity is that it can lower blood sugar levels in diabetics and prevent obesity. Research conducted by Dafriani (2017), the incidence of DM was higher in respondents with light physical activity, namely 26 respondents (53.1%) compared to those with heavy physical activity, namely 13 respondents (29.5%), Physical activity is very important for DM sufferers because the effect can lower blood glucose levels Physical activity will lower blood glucose levels by increasing glucose uptake by muscles and improving insulin.

Based on the results of the study, the researchers concluded that lack of physical activity is one of the causes of obesity. When active, the body will use glucose in the muscles to be converted into energy, in the blood will decrease. After conducting the interview, the participants said they lacked activity, lack of activity, then used to
consuming sweet and fatty foods resulted in an imbalance in the body. Food intake was not completely processed into energy and unused food scraps would eventually be stored as a pile of fat. This resulted in obesity. Physical activity greatly influences the incidence of obesity where the average hard worker tends not to be obese, this is due to the large number of activities carried out in a day.

According to Wiramihardja (2017) the principle of obesity is losing weight by creating an energy deficit by reducing energy consumption or increasing energy use through regular exercise. Active exercise is one way to lose weight besides managing your diet by reducing consumption of foods that contain lots of fat and sugar. But some fat people feel embarrassed to participate in sports, and of course this kind of attitude will make the body stay or even gain weight. In research conducted by Pramono & Sulchan (2014), and Kurdanti et al. (2015), that someone who is obese on average has less activity where a decrease in physical activity will result in a decrease in energy expenditure in the body. The food consumed in a day is one of its functions is to produce energy and this energy is used for daily activities. When a person experiences an increase in food intake in a day and does not have an increase in activity, there will be an imbalance between the intake of nutrients that enter the body and the energy used so that this will trigger the accumulation of fat in the body and cause obesity.

**Theme 4 : Paradigm**

Paradigm is a different perspective on a matter with a certain basis. A different perspective on a paradigm will result in a different meaning about something. This is because each mindset has different basic assumptions. Manzilati (2017), in line with research conducted by Darmayasa and Aneswari, 2015) Paradigm is a belief system from the human mindset held by humans based on assumptions about the shape and nature of reality. Paradigm is a perspective or mindset of individuals in an area, where obesity is a happiness and a healthy person. Participants revealed that, they think that obsession is a sign of prosperity. Participants also thought that being fat was a sign of glory.

In fact obesity is a condition that can cause complications of various diseases, as evidenced by interviews with participants

*P1: I used to be poor, now I have a lot of money to buy the food I want. I consider that fat signifies glory*

*P4: I have diabetes, the real view of people is that in my opinion looking fat is a sign of being happy, that's why you are fat, which means I am healthy.*
Many people think that someone with a fat body tends to be healthier than someone with an ordinary body, but in fact someone who has a fat body tends to have health risks that need attention.

There are still many people who do not know about the impact of being overweight or obese, in line with the results of research conducted Dewi and Mahmudiono (2013), respondents' knowledge about obesity (39.1%) is a lack of understanding of the effects of obesity so that many still think that a person's obesity tend to be healthy

CONCLUSIONS

The level of knowledge is one of the causes of obesity, Unhealthy eating patterns are one of the causes of obesity, Lack of physical activity is one of the causes of obesity, The perspective or mindset of people who still consider obesity is a sign of happiness and prosperity.

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